

KNOW YOUR NUMBERS

Get more numbers in the green zones for a healthier you!

Body Mass Index

BMI	Weight Status
Below 18.5	Underweight
18.5–24.9	Normal
25.0–29.9	Overweight
30.0 and Above	Obese

Blood Pressure

Blood Pressure Category	Systolic mm Hg (upper #)	and	Diastolic mm Hg (lower #)
Normal	less than 120		less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure Stage 1	140 – 159	or	90 – 99
High Blood Pressure Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

Cholesterol

Total Cholesterol	Category
Below 200 mg/dL	Desirable
200 – 239 mg/dL	Borderline High
240 mg/dL	High

Blood Sugar

Blood Sugar (Glucose)		
Non-Fasting	Normal	140 or less
	High	141 or more

Good for the
Neighborhood®

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